

ASTRAL PROJECTION

The Beginners Guide On **How To Travel
Out Of Your Body On The Astral Plan**



Mia Rose

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The Beginners Guide On How To Travel Out Of Your Body On The Astral Plane

By Mia Rose

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Introduction

I want to thank you and congratulate you for downloading the book, “insert book title here” .

This book contains proven steps and strategies on how to practice Astral Projection.

Astral Projection and Out-of-Body-Experiences have been described throughout human history and yet they still remain a mystery to many people. While science remains unclear as to the “how”, “why” or even the “if” our mind and soul are separate from the body, many ancient traditions take this as a simple fact. Astral Projection allows you to experience for yourself the wider context of both our physical world and the universe. It will also help you to develop a deeper sense of who you are, your purpose in life and can also help to combat the fear of

death itself!

This book takes you through simple steps that anybody can learn to use and will teach you all you need to know to develop strong skills and begin to Project your Astral Body beyond your physical. The book explores techniques, safety tips and the benefits of Astral Projection in a simple to understand and easy to use way.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1

Astral Projection, Near-Death Experiences and What We Know So Far

Astral Projection has been practiced in many different cultures across the world and throughout history. Today it is commonly understood in the context of the “out-of-body-experience” (OOBE). These experiences have been reported by people from all backgrounds and all cultures but current scientific understanding of the phenomenon is limited and science remains skeptical about the truth (or facts) behind either OOBE or Astral Projection.

Astral Projection is a complex subject but in simple terms it can be defined as a belief that as humans we have a physical body and an “Astral body”. In most cultures, historically, this has been equated with the spirit or the soul. We are complex beings and

science and medicine have made great leaps in understanding how our bodies and brains work in recent decades. However, much is still yet to be understood about the brain, while the spirit, the soul and the mind pose yet greater mysteries.

In terms of the Astral body, those who accept the concept argue that this manifestation of our soul or spirit can travel beyond the physical body, independently of it. There is a strong link, in many traditions, between the concepts of Astral Projection and the concepts of an afterlife, or the existence of realms other than the physical realm in which we live our lives. Astral Projection, OOBES and even the concept of soul or spirit are controversial subjects. In fact, for centuries philosophers have debated the very nature of humanity and the concept that our soul is a separate entity to the real and physical body.

While it's accepted that our soul or spirit is what make us “us”, there is no real consensus in where the soul comes from or where it goes after our physical body “wears out”.

However, while science lacks much serious research or evidence on the subject there are countless examples of belief systems in which the soul (sometimes called the spirit) is not only acknowledged but is considered a separate and separable form of ourselves. Christianity, Islam, Judaism, Hinduism, Buddhism and many other traditions all accept the existence of the soul. They all, also, accept that this soul exists after our own physical death and many consider it to exist before our births.

Both Hindu and Buddhist traditions are good examples in which the soul is seen as existing before our physical body is created and also after it dies. Both differ, in some respects, but both

see the soul itself as a greater entity that is on a journey of learning and enlightenment in which the ultimate aim is to achieve a point where re-birth and re-incarnation is no longer necessary and we become part of a higher entity, existing on a different plane. In nearly every culture that has existed in history this concept of an after-life, or another plane of existence, has existed and can be found in cultures as diverse as Ancient Egyptian right through to the isolated cultures of the Pacific Ocean.

Does the universality of this belief mean that it is real? Science and cynics may argue that it doesn't, while supporters of the concept would argue that it is more than enough proof. However, perhaps the truth is yet to be discovered and perhaps it is a truth that in our own brief lifetimes we may not be able to unravel. The concept is, however, so universal that whatever

you believe it cannot be purely coincidence that the concept of planes of existence beyond the visible and physical should appear in all cultures throughout history. It seems more than likely that there is something behind the concept and for those who practice Astral Projection, it is a very clear and present truth.

Near-Death Experiences

Near-Death Experiences, a form OOB, have been documented throughout history. In the modern world science and medicine have had an impact on the number and frequency of these events. As medical techniques improve “death” is not as arbitrary as it once was and many people are routinely “brought back” from the dead. This has resulted in more reports of near death or OOB. The individuals concerned report seeing themselves, their physical bodies, from above and often return accurate reports of the room in which that body lies, the medics trying to resuscitate them and many small details that it seems unlikely they could know consciously.

These reports vary in many respects but often include the feeling, sensation or vision of moving towards a bright light, of encountering beings, or

relatives who have died. In the case of those that return to report on the event, it's often the case that a voice or figure has told them that they are not ready, it's not their time or their place to be, as yet. There are, in many cases, a startling consistency to these reports. Some medics and scientists are skeptical but others have taken measures to "test" the event, placing objects high in a room that cannot be seen by anyone, least of all a prone, clinically dead patient! The results have, again, suggested that there may be more to our existence than is necessarily understood in terms of a purely physical sense.

The near-death experience is, furthermore, not restricted to those of a religious or spiritual nature. Reports of OOBIE have been made by people from all walks of life, all backgrounds and all (and no) religious persuasion. From devout Christians to confirmed

atheists, the near-death experience does not seem to discriminate.

The Universe or Universes?

Despite what you may think, the scientific jury is out on this question and the verdict seems likely to be swinging in favor of the latter! While most scientists seem unwilling to accept the concepts of either an after-life or Astral Projection, the concept of different planes of reality is more problematic for them. Theoretically, they'll admit, that more than one universe is not just possible but very likely indeed. Parallel or multiple universes are considered to be more probable than one single universe. Even the Big Bang Theory (in which everything is created out of nothing) is now under severe scrutiny. Science is beginning to accept that not only is this just a theory, but it's not a very good one! However, the existence of multi-verses is hard to prove and the possibility that we can move from one

reality (or universe) to another (a parallel universe) is very far from being proved in scientific terms.

In short our understanding, whether from a spiritual aspect *or* a scientific one, is still very limited when it comes to the nature of our existence or that of the wider universe (or universes). In coming decades, centuries or, perhaps, millennium some of these mysteries may be further explored and better understood. In the meantime, centuries of practice in diverse religious and spiritual traditions can help us to experience this amazing phenomenon for ourselves and, perhaps, ultimately contribute to that understanding.

Who Can Practice Astral Projection?

The short answer here is “everybody” and that includes you! Neither religious belief (or lack of it) or any special skills are needed to learn the basic methods of Astral Projection. This book has drawn together simple techniques that have been developed by successful practitioners of Astral Projection which are, in turn drawn from older sources and traditions. This will be the focus of the next and main section of this book, while in the final chapters we'll look at aspects of Astral Projection including the benefits and possible risks.

Chapter 2

Astral Projection; The Basics

In this chapter we'll be taking a look at a number of simple exercises which anyone can practice to achieve Astral Projection and/or an OOB. Before we do we'll take a look at some of the basic principles and terms that you'll need to understand when applying any of the techniques.

When and How To Practice Astral Projection

Astral Projection is best accomplished when we sleep (though it should not be mistaken with vivid or lucid dreaming) or when we are in a deep state of trance. The latter is not easy to achieve, without years of practice and often with considerable sacrifice. Trance states are often achieved by monks within some traditions, notably the Eastern religions, including Buddhism. However, this method not only takes many years of practice and meditation but requires a level of removal from the everyday world that most of us cannot afford in terms of time, practicality or family life! Practicing Astral Projection during sleep is by far the more accessible method for most of us. Astral Projection can be defined as a state of altered consciousness. In a sense,

when we fall asleep, and particularly when we begin to dream, we are entering another form of consciousness. This is the reason that for most people it's the easiest way and the easiest time to practice the art of Astral Projection.

Sleep Paralysis

This is a natural effect that occurs when we sleep. Our brains shut off the signals that are normally sent to our body to respond to the world around us. This is in order to protect us from physical harm when we dream. Our brain interprets the images in dreams as real and does not differentiate between our waking experiences and our sleeping ones. In order to avoid us running, jumping, leaping or making any other physical movement that we might make in response to “external stimuli” the brain simply induces a state of paralysis. Therefore, although we sense movement in our dreams, we don't actually make the movements (or not completely) that are occurring in the dream. Inducing a sleep paralysis state is often used as a technique in Astral Projection for much the same ends. Our experiences are real during

Astral Projection and although the technique allows us to travel in the Astral plane and to different parts of the physical world our perceptions can still influence our physical body.

The Hypnagogic State

This is the state that we enter just before sleep, the very border of consciousness and unconscious perception. It is usually the point at which our brains disconnect our physical responses – the sleep paralysis described above. Learning to control this state is essential and it's a technique that can take some practice, although most people will, with time, learn to master it completely.

Relaxation and Meditation

Many people will be familiar with some techniques to achieve both of these ends and they are useful, possibly essential techniques to learn when practicing Astral Projection as the technique requires complete relaxation of the body and the mind. Learning to achieve this state is the first step in learning to Project and without doing so attempts at Astral Projection are likely to have limited results. There are many meditation techniques that you can use to practice relaxation but one of the most effective (and by far the easiest to master) is Mindfulness meditation. This does not require learning to clear the mind but to experience only the moment that you are in – and allowing thoughts to flow freely through your mind.

Vibration

this term relates to a sensation that you will experience as your Astral body begins to make its presence felt. Many experience it as a light tingling sensation throughout the body and you may also experience a feeling that your body is beginning to “float”. This is the Astral Body “lifting” from the physical, it is rarely an unpleasant sensation and often you will feel that your body is filled with light and energy.

Astral Projection Techniques

The aim of Astral Projection is to separate the physical body and the Astral, or spirit, body. Many of the techniques involve visualization to enable you to literally “split” the two bodies. The techniques described in this section are based on this principle but offer a number of different ways to achieve this end – some may work for you and some may not. For most individuals different techniques work and it's often a case of practicing several, possibly many, in order to establish what works best for you. Astral Projection is possible for anybody – but it can take time and patience to become proficient. While some people fear that Astral Projection is “dangerous” or may leave you unable to reconnect with your physical body, this is not in fact the case. We'll look at the dangers or risks involved

with Astral Projection towards the end of the book. However, for the time being, it's important to understand that our physical and Astral bodies are intrinsically connected and it is simply not possible to “disconnect” them or to lose your way back to one, or the other! .

Achieving Separation

This is a simple exercise which should enable you to practice separating your physical and Astral bodies. The aim is simply to travel no further than another part of the room in which you are located! Before you begin this exercise choose a point in the room – an object or a feature such as a cabinet or bookshelf, drawers or simply a corner of the room. Examine this area or object carefully, feel any parts of it and try to absorb the “sense” of being in that place.

Now settle yourself in a comfortable position and begin your relaxation. Close your eyes and focus on the darkness, your breathing and allow yourself to enter a hypnagogic state. In this state, begin to visualize the object you have “learned”. Focus on this for a few seconds, then on the darkness in front of you, for a further few seconds.

Keep repeating this process until you begin to feel yourself entering a state of vibration. Shortly after entering this state you should achieve full separation of your body.

The Rope

A technique popularized by the mystic, Robert Bruce, this is a simple and often very effective Projection technique. Once you are settled, relaxed and entering the place between waking and sleeping, simply imagine a rope hanging down above you. Keeping your eyes closed and your body relaxed and visualize yourself reaching for the rope. Imagine the feelings of climbing the rope, the way in which your muscles would tense, the weight of your body. Do not tense your muscles for real. Continue to mentally climb, and speed up the process of doing so. Vibrations should develop relatively quickly during the process and continue to speed up the pace of your ascent until separation is achieved.

Exhaust Yourself

Separation of the physical and Astral bodies can be achieved by keeping the mind alert but the body exhausted. During the day be as active as you can. Take a long walk, a run, stay busy and stay up late. Keep your mind active by reading, writing or playing games which require a high level of mental activity – chess is a good example. When you feel that you can no longer stay awake go to bed and relax your body. You will be ready to fall into a deep sleep but, instead, concentrate on the feelings of going to sleep, allowing your body to “fall-away”. You will quickly enter a hypnagogic state and at this point begin to feel and hear the symptoms of vibration. As this develops simply imagine (without really doing it) getting up. Your physical body will fall into sleep and your Astral will

rapidly separate.

Falling Awake

This technique can be performed early in the morning or late at night. In the morning, when you first awake simply lie still and relax. Keep your eyes closed and try to force sleep to return. You should quickly enter a vibrational state and at this point force your Astral body to “get up”. This can be a rapid technique and very effective but will need practice; the trick is to recognize the Hypnagogic state as it develops and train your Astral Body to “jump” away at this point. At night this should be practiced as you begin to drift off, allow your brain to think you are going to sleep but quickly pull your Astral body away from the physical.

Focus on the Familiar

At the point of deep relaxation, focus on a very familiar, every day object. Something mundane that you handle all of the time, but barely notice with your conscious mind, is an excellent choice. Good examples are house or car keys and, in the modern world, a smart phone! Visualize how the object feels in your hand, the weight texture and general feel of having the object in your hand. Gradually you will find that you are more aware of your visualized or Astral hand than of the physical one. As the visualization deepens you'll find that your whole Astral body is vibrating at a rate at which you can simply slip fully into it and achieve Projection.

Tunnel Vision

Another popular and easy visualization to achieve Projection is to visualize a long, dark tunnel with a distant, white light at the end. Place yourself in this tunnel and imagine yourself flying through it, faster and faster as the visualization proceeds. You will begin to experience the vibrational state. This state normally induce sounds and visions, but these should be ignored, simply focus on the light and continue speeding towards it; as you enter it, your Astral and physical bodies will separate.

The Thirst Technique

This technique was developed by Sylvan Muldoon – an early pioneer in Astral travel and altered states of consciousness. The technique should *only* be practiced by those in good physical health and should not be used frequently. While it is *very* effective, it's not considered good for your health in the longer term! Even those in general good health may wish to avoid using it on a regular basis. Simply avoid drinking any fluids for several hours before you go to sleep. While Muldoon recommended eating salt to increase the sense of thirst – this is far from sensible health wise. However, eating a meal with salty foods several hours before going to bed and avoiding fluids will create a strong thirst. When you are ready to go to bed, place a large glass or pitcher of water in your room. Ensure it's out of easy reach

and, as you begin to fall asleep focus. on this water. Imagine how it would feel to reach for it, pour a glass and take a long deep gulp. Do not act, physically, on this but keep the visualization both strong and at the forefront of your mind. As you drift off to sleep the desire for the water and visualization should form a very powerful urge within your body and this will be more than enough to cause separation between your Astral and physical bodies.

Chapter 3

The Realities and Benefits of Astral Projection

While the techniques in the previous chapter will help you to achieve Astral Projection, the next big question is what can you do once you have projected!

The Physical Plane And Astral Projection

In reality, in your early attempts at Astral Projection, the most likely place you will visit is the room in which your physical body is situated. Sound boring? You'll be surprised. This experience alone can be both fascinating and unsettling. At first, your abilities will be largely limited to the immediate vicinity of your own body. Don't be put off or disappointed by this. In some senses it's a safety net for both our physical and Astral bodies. Projection takes a considerable amount of energy. This energy is both psychic and can also be physical in that when you awake from Projection you may well feel physically drained.

Take your time to build your strength and begin simply by exploring your own immediate environment. In fact,

as you fly quietly around, you'll experience this environment from a very different angle. Be aware that most animals have a sensitivity to the spirit world and some, particularly cats and dogs, will most likely sense your presence. This is particularly true if you have a close bond with them, but unless they are of a nervous nature in normal life, they'll almost certainly be unafraid of your Astral presence!

Some individuals are also more sensitive to the spirit, or Astral, body than others and may quickly sense your presence. In addition, those people who have a strong bond with you may also find that they sense your presence on some level, regardless of their normal level of psychic ability. This may be subtle and it may be something that they don't mention but be aware that when you first begin traveling Astrally the experience can be

“weird”, strange and unsettling for you and for those around you. While it may be pleasant to learn to Astrally visit loved ones and reassure yourself that they are safe and well, it's sometimes more respectful and appropriate to use your physical body to call!

As you develop your skills in Projection you'll be able to move further afield. Travel in the neighborhood, or above it. Developing your skills will be best achieved by visiting places that you know well with your physical body and you'll become stronger both at the technique and in psychic energy. Think of it like a work-out for your Astral body. Simply by practicing regularly, often and visiting places that you know well you will build the capabilities of your Astral body. As you do so you'll also discover that any sense that your physical body is tired after projecting begins to dispel. As

you strengthen the Astral body it will rely on its own strength for energy and Projection. In fact, with time, this new level of spiritual energy will begin to “cross-over” to your physical body and you will return from Astral Projection feeling physically energized.

The Benefits of Astral Projection

Astral Projection can be exciting and terrifying at first! But why would you wish to experience this type of consciousness anyway? In reality we all routinely project to other planes of consciousness as we fall asleep and dream. However, being able to control what we do and where we go, particularly which planes of consciousness we visit when we do is a valuable and rewarding experience.

The Joy of Flying

The first and perhaps most obvious benefit of Projection is simply the joy of being able to fly through the air and see the real, physical world from a whole new perspective. The sky, in this case, is not the limit as there are very few limits at all! You can skim the surface of the oceans, dive deep into their depths or travel beyond the earth to distant planets. The “speed of spirit” is faster than the speed of light and you can, with practice, explore deep into the physical universe.

Life after Death

In an era where religious beliefs and practices are being challenged on a daily basis, Astral Projection techniques can offer many of us a reassuring glimpse of life beyond “death”. Physical death is, in reality, simply a change of state, a step in a much longer spiritual journey. Those who become proficient in Astral Projection, will discover the power and comfort that the experience brings as we begin to understand this fully on a deeper level. Our fear of death is often deep-rooted and one that is shared across the globe by all people. Astral Projection will normally remove this fear from both your conscious and unconscious minds. It simply provides reassurance that there is more to life than life itself!

There's More to Life (or Lives)

As your skills develop in Astral Projection you'll begin to experience glimpses, at first, and, eventually, more detailed knowledge of your past lives. This is actually a very important step in our spiritual development. Each time we are born on Earth in physical form we forget these lives, although the lessons in our current lives are the results of experiences and actions in previous ones. Astral Projection is a valuable technique which allows us to reconnect with our true spirit and our broader existence over time. We can more fully understand our own purpose in this life and better address the lessons and challenges we must learn and overcome to create growth and in our spiritual being. Very much depends on how you choose to respond to these lessons but Astral Projection can effectively speed up your spiritual

progress and development. This is, in fact, the main reason that it is practiced in many religious traditions, particularly in Buddhism.

Spirit Guidance

We all have spirit guides who watch over us and offer signs in our current lives. Few people connect with these guides in a real sense but doing so can be very valuable. While most people will learn from their spirit guides unknowingly, or receive protection without realizing it, once you are proficient at Astral Projection you will soon meet these guides. This is likely to happen early on in your practice of Astral Projection; the Astral plane is where these guides exist and they will be keen to protect you and offer assistance in this realm. Be open, honest and willing to work with your guides. The real benefit here is that you'll be able to recognize their protection and influence more clearly in your daily, physical life. Most people experience this guidance and protection as simply finding that

coincidences or dreams occur in their lives which lead them to make decisions. There is little coincidence about this! Meeting your guides gives you the opportunity to recognize and respond to their influence in the real world, making your path through life much easier.

Expanded Knowledge

Humans have lived on the earth for tens of thousands of years and have learned much during this time. The current pool of knowledge that is available to us in the real, physical world, is only a fraction of the whole that has been gathered during this time. Only that which has been written down or preserved in some way is available to us in the physical world. In the Astral world, all of human knowledge and experience is pooled into a greater consciousness. On the Astral plane you have the opportunity to explore this incredible resource and to learn from both ancient traditions and teachers, as well as beings who have reached a higher level of enlightenment and no longer incarnate in the physical world. Your own spirit guides will offer a starting point in your search for knowledge and can help you access

knowledge, learning and teachings that have been long lost to the physical world. Think of it as being a little like access to the Internet – only expanded infinitely!

Psychic Ability

As you become proficient at Projection your sensitivity to your own energy system and the wider energies at work in the universe will become attuned. This inevitably leads to what many describe as psychic ability. You will see the world more clearly (clairvoyance) and you will also develop a greater sense of telepathy and empathy in your dealings with others. You may also begin to experience premonitions and find that telling the future becomes second nature. Be aware that these gifts can be unsettling and be careful of how you use them – especially in relation to other people. Telepathic abilities or premonitions can help you see the future but you should focus on what these can teach you, rather than use them to influence others. Each of us has a path that we must travel and,

although it is often tempting to influence the direction that others take, our own path, not that of others, should always be our primary focus.

The Walking, Talking Dead

On the Astral planes you will, almost inevitably, meet relatives and friends who have passed on. This can be a deeply comforting experience and, again, instill a sense of confidence in the fact that there is life beyond death. In general, relatives and ancestors may have a great deal of information and guidance to give. It's important to note that you may well meet relatives from very distant generations and these will be able to offer some deep insight into your own past, your true nature and your path in this life. Don't expect Cleopatra or Mark Anthony – often our distant ancestors turn out to be just as amazing and prosaic as us!

Broader Outlooks

Our experiences in our physical life create knowledge. This is also true of those on the Astral plane. These experiences enrich us as individuals, help us to grow emotionally and intellectually, give us a wider perspective on life and our place in the world and the universe. Self-knowledge is often enhanced by Astral Projection, as is intellectual power and emotional depth. Astral Projection also creates a greater understanding of our spiritual side; many of us are only aware of our physical body and its needs during our life. Understanding and being aware of the Astral body can help to balance these two aspects of the self – creating a rounder, healthier body and soul.

Healing Qualities

Healing is also a crucial aspect that many people find is one of the most important benefits to be gained from practicing Astral Projection. Healing both the self, others and the wider world can be achieved as we learn to balance our own energy and that which we see around us. This can be physical healing or mental and emotional. Learning to heal others is both a benefit and a joy that will make the practice of Astral Projection worthwhile in itself.

Chapter 4

Astral Projection; The Dangers

In this final chapter we'll take a look at some of the myths and facts surrounding the big question about Astral Projection. How dangerous is it? It may seem odd that we've left this until the last part of this book but, in fact, Astral Projection is not, intrinsically, dangerous. We've taken the most commonly held fears and questions that people have relating to Projection and hope that the information will be of reassurance.

Can I Die?

One of the first questions on most people's lips is "can I die while projecting?"; the short answer is "yes" and "no" but the issue is even more complex than that. First of all, let's look at the "yes"; any of us can die, at any time and this includes while we are projecting. In reality, this means if your home catches fire in the night, if intruders break in or if an earthquake occurs, then yes, you can physically die from normal causes both natural, accidental or through violence, just as you could in your sleep. The risk that your physical body will not become aware in time of any danger is actually very small. Our Astral and physical bodies operate together at all times, even when we've separated the two states of consciousness are intrinsically linked. The cord that ties them together will remain intact and if

physical danger threatens your Astral body will return at a speed that even science cannot imagine. By the same token, your physical body will “call” your Astral body back to itself if any real danger threatens your Astral presence. Astral travel can take place over infinite distances in a split second and the return journey is just as instant.

In terms of the “no” part of this answer, we're really talking about whether you can be killed on the Astral Plane by other beings present in that plane. Some argue that if this was possible, then we would not know, as the individual would not be here to tell us. However, they would be there (on the Astral plane) to tell us and it's not a subject that comes up! In fact, the cord that ties us to our physical body must be cut for us to die in the physical plane. This cord is strong and it will not, cannot, be cut by psychic means.

In addition, if you find yourself in difficult situations on the Astral plane you can easily call up protective forces from ascended masters (including Christ) and your own spirit guides. This help and protection will always be forthcoming and offered without fear, favor or judgment. It is *never* withheld and if you ever feel real fear on the Astral Plane, simply focus on the concept of requiring help, visualize white, healing light and move towards it.

Demonic Possession

This is a major fear amongst many people. “Demons” will be encountered at some point in your journey. They are negative energies, often souls who have become trapped in the Astral Plane and have not yet progressed far enough spiritually to be re-born and continue their journey. They are particularly keen to find ways back to the physical plane and may see you as a short-cut! However, protecting yourself against them is simple. Again, call on spirits to help you angels, masters or ascended souls (those who no longer incarnate on Earth). Your spirit guides will also readily come to your aid. Also, again, simply envisage being in a lighter, whiter place, and you will move away towards it effortlessly. Help and protection will always be at hand. In terms of possession, no negative entity

can take control of your spirit or your physical body, without your permission. Some may try to trick or persuade you into this but, again, simply call for help and assistance from more powerful and ascended beings. If, as you prepare to enter your physical body again, you encounter less-pleasant entities trying to block you or waiting in the room where your physical body lies, simply tell them to leave. Many people find it hard to believe that this is as simple as it seems; however, “demons” are simply spirits who are not yet ready to re-incarnate, or entities that cannot do so. Their place is not the physical world, it is yours. Explain this to them and re-iterate it is time for them to leave. They may seem unwilling, but they cannot argue with this fact!

Lost or Strayed

Some people fear that once they leave their body they may get lost and not be able to find their way back to it. This will not happen. You may be delayed on your journey but the best analogy that can be applied is to imagine you were traveling abroad. You may not get back when, or in quite the way you had planned, however, when you return to your own country you will always be able to find your own home. The link between your spiritual and physical body is simply too strong to break or to lose. As with the issues above, call on spirit guides or ascended souls to guide you back to your home and your body. Any delay will be short and you will find that as you practice Projection more often, delays become a thing of the past.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to understand the basic methods of achieving Astral Projection and the principles behind the technique. Astral Projection has many amazing benefits and is a subject on which you will find there is much more to learn. I hope that you have found this book useful in providing you with all the basic information that you need to begin your journey with Astral Projection.

The next step is to begin employing some of the techniques described in the book and exploring the world, and then the universe (or universes) around you! The very best of luck!

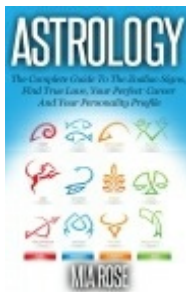
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Thank you and good luck!

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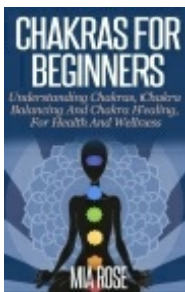
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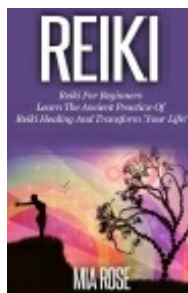


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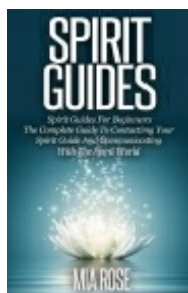


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About the Author

I want to thank you for giving me the opportunity to spend some time with you!

For the last 10 years of my life I have studied, practiced and shared my love of spirituality and internal development. I kept diaries for years documenting the incredible changes that graced my life. This passion for writing has blossomed into a new chapter in my life where publishing books has become a full time career.

I feel extremely blessed and fortunate to have the opportunity to share my message with you! Each of my books are written to inspire others to explore the many aspects of their internal world. My goal is to touch the lives of others in a positive way and hopefully

be the catalyst of positive change in this world :)

I am forever grateful for your support and I know you will get immense value through my books. I am really looking forward to serve you and give you great insight into my passions!

Your Friend,

[Mia Rose](#)